

**U.S. Embassy Nouakchott**  
**Message for U.S. Citizens: Ebola Hemorrhagic Fever in Guinea**  
**24 March 2014**

Recognizing that many U.S. citizens in Mauritania travel to or transit to and from Guinea, the U.S. Embassy in Nouakchott suggests you read the following security message which was recently issued by the U.S. Embassy in Conakry:

The Government of Guinea has confirmed the presence of the Ebola virus in the Nzérékoré (Guinee Forestiere) region, mostly in the administrative district of Gueckedo and in the town of Macenta. Symptoms include diarrhea, vomiting, a high fever and heavy bleeding. To date over 80 cases have been recorded with 59 recorded fatalities.

The U.S. mission in Conakry strongly recommends that U.S. citizens avoid contact with individuals exhibiting the symptoms described above until further information becomes available.

Ebola Hemorrhagic Fever (HF) is a deadly disease but is preventable. It can be spread through DIRECT, unprotected contact with the blood or secretions of an infected person; or through exposure to objects (such as needles) that have been contaminated with infected secretions. The viruses that cause Ebola HF are often spread through families and friends because they come in close contact with infectious secretions when caring for ill persons. Ebola HF has a high mortality rate and early evidence suggests that the Guinea strain of Ebola is related to the Zaire Ebola strain that carries a mortality rate of 90%. Some who become sick with Ebola HF are able to recover, while others do not. The reasons behind this are not yet fully understood. However, it is known that patients who die usually have not developed a significant immune response to the virus at the time of death.

During outbreaks of Ebola HF, the disease can spread quickly within health care settings (such as a clinic or hospital). Exposure to Ebola viruses can occur in health care settings where hospital staff are not wearing appropriate protective equipment, such as masks, gowns, and gloves.

Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola virus though 8-10 days is most common. A person suffering from Ebola presents with a sudden onset of high fever with any of the following: headache, vomits blood, has joint or muscle pains, bleeds through the body openings (eyes, nose, gums, ears, anus) and has reduced urine.

Since the virus spreads through direct contact with blood and other body secretions of an infected person those at highest risk include health care workers and the family and friends of an infected individual.

For more information on Ebola hemorrhagic fever, please visit the CDC website at [www.cdc.gov/vhf/ebola](http://www.cdc.gov/vhf/ebola)

We strongly recommend that U.S. citizens traveling to or residing in Mauritania enroll in the Department of State's Smart Traveler Enrollment Program (STEP). STEP enrollment gives you the latest security updates, and makes it easier for the U.S. embassy or nearest U.S. consulate to contact you in an emergency. If you don't have Internet access, enroll directly with the nearest U.S. embassy or consulate.

Regularly monitor the State Department's website, where you can find current Travel Warnings, (including the Travel Warning for Mauritania), Travel Alerts, and the Worldwide Caution. Read the Country Specific Information for Mauritania. For additional information, refer to "A Safe Trip Abroad" on the State Department's website.

Contact the U.S. embassy for up-to-date information on travel restrictions. You can also call 1-888-407-4747 toll-free from within the United States and Canada, or 1-202-501-4444 from other countries. These numbers are available from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday through Friday (except U.S. federal holidays). Follow us on Twitter, Facebook, and download our free Smart Traveler Smart Phone App from iTunes or the Google play store to have travel information at your fingertips.

The U.S. Embassy in Nouakchott is located between the Presidency building and the Spanish Embassy on Rue Abdallaye and is open Sunday-Thursday from 8:00-5:00. The phone number is 45 25 26 60. If you are a U.S. citizen in need of urgent assistance, the emergency number for the U.S. Embassy is 36 62 81 63. In the event of an emergency that interrupts mobile phone (SMS) or Internet communication in Mauritania, U.S. citizens may call the Embassy's dedicated Consular emergency recording at 45 25 37 07 to receive the most up-to-date instructions.